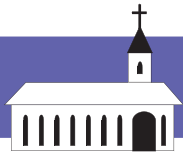


What's happening ...

Chapel



Contact the chapel at **895-1106**. To speak to the duty chaplain after hours, call **895-5850**.

Worship schedule

Protestant services:

8 a.m., Sunday gospel service, Friendship Chapel
9:45 a.m., Sunday School, Shaw Heights Elementary School
10 a.m., Sunday liturgical service, Palmetto Chapel (weekly communion)
11 a.m., Sunday shared-faith Protestant service, Palmetto Chapel

4 p.m., Sunday youth group, chapel annex
6 p.m., Sunday, Faith Factor

Catholic services:

4:15 - 4:45 p.m., Saturday confession, Palmetto Chapel
5 p.m., Saturday Mass, Palmetto Chapel
9 a.m., Sunday Mass, Palmetto Chapel
11 a.m., Sunday School, Shaw Heights Elementary School

Other faith groups may contact the chapel for information on worship times and locations.

Spouses space



EMS spouses' meeting

The 20th Equipment Maintenance Squadron Spouses' Support Group is set to meet May 11 at 6:30 p.m. For more information and location, call **499-7209**.

FSC



Resume writing and interviewing classes

Resume writing and interviewing classes are scheduled for today from 9 to 11 a.m. and 11 a.m. to 1 p.m. The classes are sponsored by the S.C. Employment Security Commission. For more information or to sign up, call **895-1252**.

Military Marriage Seminar

A Military Marriage Seminar is set for today from 6 to 9:30 p.m. and Saturday from 8:30 a.m. to 5 p.m. at the Community Center. It is open to couples preparing for or wanting to enhance their marriage. The seminar is specifically designed for military couples, but retirees and civilians are welcome to attend. The cost is \$15 per individual or \$25 per couple. Lunch and refreshments are included. Free childcare will be provided for 6-week to 12-year-old children. For more information, call **895-1104**.

Predeployment brief

The next predeployment brief is scheduled for Thursday from 8 to 9:30 a.m. It's mandatory for those departing on deployments of 30 days or more.

It covers family separation and antiterrorism measures. Unit deployment managers with 10 or more deploying personnel should contact the FSC to coordinate a mass briefing. If you receive a short-notice deployment notification, call the FSC to schedule an appointment. Spouses are encouraged to attend. For more information, call **895-1252**.

Time for Tots

This parent-toddler group, co-sponsored by the FSC and Family Advocacy, meets Thursdays from 10 to 11:30 a.m. at the Youth Center. It's an opportunity for parents to network and share issues. For more information, call Mrs. Marcy Prior at **499-2656**.

Give Parents a Break

Give Parents a Break is set for May 7 from 6:30 to 10:30 p.m. at the Child Development Center (infant - 5 years old) and the Youth Center (6 - 12 years old). To sign up, get a referral certificate from one of the following agencies: FSC, Family Advocacy, Medical Group, the chapel or squadron. Parents must bring in the child's most current shot records and a referral certificate to the CDC/Youth Center. Subsequent sign-ups can be called in. First-come, first-serve basis only.

For more information, call the CDC at **895-2247**, Youth Center at **895-2251** or the FSC at **895-1252**.

Car-buying seminar

A car-buying seminar is set for May 12 from noon to 1 p.m. This class assists with car-buying dos and don'ts, financial factors and negotiating the deal. For more information, call **895-1252**.

Free oil change

Air Force Aid Society will pay for one oil change and safety check for first-term airmen's vehicle. For more information, call **895-1252**.

Information



TRAIL volunteers wanted

The Training Responsible Adolescents in Leadership Program is requesting volunteers to plan and participate in various outdoor activities for ages 12 through 18. Adventures include camping, hiking, canoeing and more.

For more information, call the Teen Center at **895-3969**.

Toastmasters

Are you interested in improving your public speaking skills? Toastmasters may be the answer. The club is set to meet Thursday at 7 p.m. in the Community Center. For more information, call Senior Master Sgt. Scott Copeland at **895-0465**.

Teen job prep class

The Youth Center is scheduled to host a teen job-prep class May 10 from 6:30 to 7:30 p.m. It is for teens 13-18 years old. Parents are welcome to attend. For more information, call **895-3969**.

Lunch menu entrees for CMSgt. Emerson E. Williams Dining Facility

Today -- Swiss steak with tomato sauce, Mexican-baked chicken, stuffed-green peppers

Saturday -- Cajun meatloaf, baked chicken, ribeye steak

Sunday -- Sauerbraten, tuna and noodles, chicken parmesan

Monday -- Sweet-Italian sausage, Swiss steak with tomato sauce, baked chicken

Tuesday -- Lemon-baked fish, pork schnitzel, beef and spaghetti yakisoba

Wednesday -- Southern-fried chicken, barbeque spareribs, fried catfish

Thursday -- Tempura-fried fish, orange-spiced chops, liver with onions

(Information courtesy of the 20th Services Squadron.)

At the movies



Movie schedule and start time are subject to change. To hear recorded movie information, call **895-2199**.

* Admission: Friday night -- \$1; Saturday -- \$3 for adults, \$1.50 for children under 12; Sunday -- \$1.50.

Friday

7 p.m., Taking Lives, R (strong violence including disturbing images, language and some sexuality) -- Montreal detectives ask for help from Illeana Scott, a top FBI profiler, to get in the head of a serial killer. She theorizes the killer is "life-jacking" -- assuming the lives and identities of his victims. Scott begins to feel like she can trust no one. She finds herself surrounded by suspects in a case becoming chillingly personal.

1 hr. 42 mins.

Saturday

7 p.m., Dawn of the Dead, R (horror violence, language and sexuality) -- Zombies roam the United States, but a small group of survivors try to find shelter and protection in a shopping mall in the city of Everett WA. Realizing their time is running out, they decide to make another attempt at flight, to an island. To do so, they will have to pass thousands of zombies.

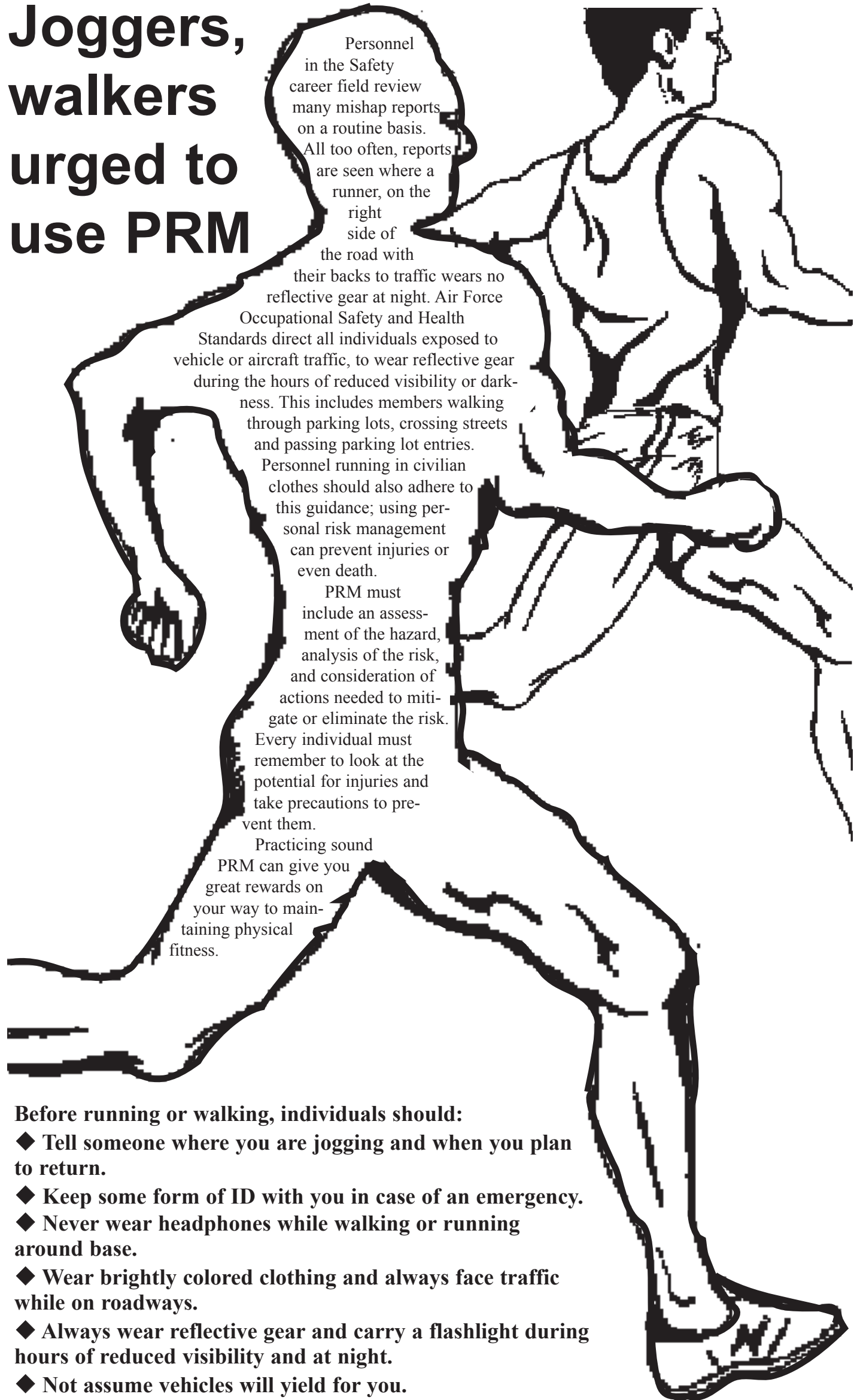
1 hr. 40 mins.

Sunday

3 p.m., Never Die Alone, R (strong violence, drug use, sexuality and language) -- A kingpin drug dealer, King David, returns to his hometown seeking redemption, but dies a violent death. King David recorded the story of his exploits on audio tape, leaving behind a poetic sermon on villainy and its consequences. The tapes reveal the cycle of violence and retribution.

1 hr. 22 mins.

Joggers, walkers urged to use PRM



Personnel in the Safety career field review many mishap reports on a routine basis. All too often, reports are seen where a runner, on the right side of the road with their backs to traffic wears no reflective gear at night. Air Force Occupational Safety and Health Standards direct all individuals exposed to vehicle or aircraft traffic, to wear reflective gear during the hours of reduced visibility or darkness. This includes members walking through parking lots, crossing streets and passing parking lot entries. Personnel running in civilian clothes should also adhere to this guidance; using personal risk management can prevent injuries or even death.

PRM must include an assessment of the hazard, analysis of the risk, and consideration of actions needed to mitigate or eliminate the risk.

Every individual must remember to look at the potential for injuries and take precautions to prevent them.

Practicing sound PRM can give you great rewards on your way to maintaining physical fitness.

Before running or walking, individuals should:

- ◆ Tell someone where you are jogging and when you plan to return.
- ◆ Keep some form of ID with you in case of an emergency.
- ◆ Never wear headphones while walking or running around base.
- ◆ Wear brightly colored clothing and always face traffic while on roadways.
- ◆ Always wear reflective gear and carry a flashlight during hours of reduced visibility and at night.
- ◆ Not assume vehicles will yield for you.

Information courtesy of 20th Fighter Wing Safety Office.

Sports Shorts

Skeet and Trap

The Skeet and Trap Range is open from 5 to 9 p.m. for skeet, trap and paintball.

For more information, call **895-0449**.

Instructors needed

The Fitness Center is in need of aerobics instructors. Instructors should be certified and meet other specifications.

For more information, call Staff Sgt. Julie Hanley at **895-2789**.

Softball season

Pre-season for Shaw's Intramural Softball is set to start May 10.

For more information, call **895-2789**.

5-K run

A free National Police Week Fun Run is scheduled for May 15 at 11 a.m. starting at the Sumter Mall. Runners will be divided into age-group categories: 17-25, 26-35 and 36 and up. Mall certificates will be given to the winners.

For more information, call Master Sgt. Jeffrey Bowens at **895-8892**.

Golf Tournament

A golf tournament is set for May 26 at 9 a.m. at Carolina Lakes for May Fitness Month. The cost is \$10 for members, \$20 for nonmembers. Interested golfers should sign up at the Fitness Center.